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#BreakingWeightBias

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PROMOTING HEALTH WITHOUT
HARMING THROUGH DIGITAL
TRAINING TOOLS

Project number:
2020-1-UK01-KA204-079106



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Erasmus+ Programme
of the European Union

About the project

The main project aim is to **raise awareness** among health professionals about the harmful impact of weight bias, as well as to make clear that treatment of obesity is more complex than the advice of 'eat less-move more', so that they will be able to promote healthy behaviours without harming.



Results

Breaking Weight Bias will provide:



The Breaking Weight Bias training course

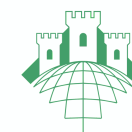
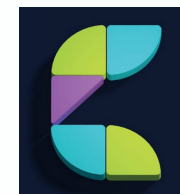


Dynamic Demonstrator

Target groups

- Healthcare professionals, including doctors, nurses, dietitians, psychologists, psychiatrists, etc. who want to provide their patients/clients the support they deserve.
- Individuals who would like to challenge their own internalised bias and improve their quality of life.
- Health care and public health organisations, institutes, charities, and associations.
- Universities and higher education institutes.
- Training organisations.
- Decision/ Policy makers in the field of public health.

Partners



Public Health
Babeş-Bolyai University



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